

Part 2: Thought Pattern Mapping

Think of 1-3 stressful situations.

- Situation:

- Thinking pattern:

- How this affected me:

- Situation:

- Thinking pattern:

- How this affected me:

- Situation:

- Thinking pattern:

- How this affected me:

Part 3: Pattern Awareness

Answer the following:

- Which thinking pattern shows up most for you?

- When do you notice it appearing (stress, fatigue, conflict, uncertainty)?

- How does this pattern influence your emotions or behaviour?

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)